Study on Mental Toughness, Anxiety, Aggression and Self–Confidence Among Mangalore University Intercollegiate Players

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By

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To

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Chapter – I

Introduction

A sport is as old as human society and it has achieved a universal status in modern society. It now enjoys a popularity that outstrips any other form of social activity; it has become an integral part of the educational process. Millions of fans follow different bordering on devotion; many participate in sports activities for the fun of it or for health and fitness. Even today sports have become the prestigious concept of every nation and sports have been subjected to various scientific investigations. Various factors have been isolated which are responsible for the excellence in sports.

Physical education and sports are socio-culture phenomena. Both processes are an integral part of general education and involve learning as well as performance. The interdisciplinary nature of physical education and the competitive nature of sports have almost compelled the classifiers of knowledge to consider them as “emerging disciplines” which is perhaps, why psychology in physical education and sports has much more than merely educational over-tones.

Modern sports with the advent of scientific knowledge and technological development have developed into artistic forms when near-perfect has reached. In modern times materialistic attitude creeps into human values, and much more money and time are spent on improving the standard of sports. Today an athlete or a sportsman is provided luxury and comfort so that he can perform better and better.

Psychological Fitness

Sports psychology deals with the psychology of athletes, both at rest and in action. It covers various aspects like the personality of sportsmen, psychological conditioning of sportsmen, personality dynamics of athletes, and skill acquisition. In India, little attention has been paid to athletes' psychological preparation. But the importance of concepts like Nero- muscular tension and psychotic training of athletes are recognized in Indian sports psychology. The psychological approach in sports training has the following advantages.

- The coach identifies the psychological causes and psychological effects of top performance.

- It helps to integrate the physical and psychological aspects of sports training stop that coaching problems can be tackled better.
- It also helps to reduce the possibility of stress and strain during the game or a match.
- Sports psychology as a scientific discipline and professional's area furthers the understanding of sports.

ANXIETY:

Anxiety is a feeling of unease, such as worry or fear that can be mild or severe. It is a normal response to stress or danger, but when it becomes excessive or persistent, it can interfere with daily activities and quality of life. Symptoms of anxiety may include restlessness, irritability, difficulty concentrating, muscle tension, and sleep disturbances. Anxiety disorders are a group of mental health conditions characterized by excessive and persistent anxiety that can significantly impair functioning and require treatment.

The word anxiety refers to the study of human behavior, and sports anxiety denotes a subcategory of psychology that deals with the anxiety of athletes and teams engaged in competitive sports. Sports anxiety is that branch of psychology that is intimately concerned with human anxiety on the playing field, both under practice and competitive situations, with a view to bringing about qualitative improvement in performance and maintaining the same even during the stresses of competition. It is the study of human behavior in sports settings with an emphasis on the mental aspect of anxiety. According to Browne and Mahoney, "Sports anxiety is the application of psychological principles to sports and physical activity at all levels of skill improvement.

Anxiety plays an important role in athletic performance. Whether it's a positive or negative effect depends on how an individual perceives the situation. Athletes with low anxiety levels have been known to perform better in sprinting performance. A moderate level of anxiety is seen as less for the acquisition and performance of skills. The levels of anxiety either too high or too low tend to inhibit learning and performance in sprinting.

1. A low level of anxiety is marked by a failure of the individual to exclude irrelevant stimuli in the situation.

2. A moderate level of anxiety seems to work best, that is the individual who exhibits moderate concern for the performance threat in a situation is able to exclude irrelevant stimuli and it can attend and react to important stimuli in situations.

3. Under high levels of anxiety, the individual begins to narrow attention too much and also displays attention in flexibility.

Aggression:

Aggression is a behavior that is intended to cause harm or injury to another person or object. It can be physical, verbal, or psychological in nature and can be expressed in a variety of ways, including fighting, yelling, insulting, or damaging property. Aggression can be a normal and healthy response to certain situations, such as self-defense, but it can also be harmful and destructive if it is excessive or inappropriate.

In psychology, the term aggression refers to a range of behaviors that can result in both physical and psychological harm to oneself, others, or objects in the environment.

Aggression can take a variety of forms, including:

- Physical
- Verbal
- Mental
- Emotional

A common theme emerging from a variety of theoretical approaches to the problem of exercise, the word aggression comes from the Latin word aggress, ad (to or toward), and grader (walk). Literally, then the word means “to walk towards or approach”, to move against, or to move with intent to hurt or harm. Most psychologists describe aggression in terms of behavior. There is clear evidence that, in general aggression is more boisterous games, which may help performance because it arouses players overly to put in harder effort, and “do or die” for the success of the team. Contrarily there is also an indication, and valid too, that aggression committed by players in certain contexts situations, or positions may impel the performance of individual skill as well as the success of the team.

Mental Toughness:

In sports psychology, mental toughness is a combination of learned skills that will help to raise the level of athletes’ training and competitive sports. These include:

Goal Setting – how to use goals to develop championship motivation, know what the secrets are to effective goal setting and so many athletes fail in their quest to reach their dreams.

Stress Management- you can't perform to your potential unless you have the ability to stay calm and composed under pressure. Choking and psyche-outs are a direct result of athletes and other performers not knowing how to effectively manage stress.

Self-confidence- how do you build self-confidence? How do you effectively deal with pre-competitive self-doubts and negative thinking so that they don't knock you off track? Learn to train your "inner coach"(self-talk) so that you maintain a winning self-confidence regardless of whom you're competing against.

Reboundability – from mistakes, failure, and setbacks, bouncing back immediately from setbacks, losses, and bad bread is critical to your athletic and performance success.

Winning Concentration – winning concentration is the key to performance excellence. Your focus before and during the competition determines your ability to handle pressure and perform to your potential.

Imaginary and Visualisation- winners "see" what they want to have to happen in their mind's eye, while losers "see" what they, 're afraid will happen. Imaginary and mental rehearsal is key in helping you effectively prepare for a big competition, develop confidence, overcome fears, avoid psyche-outs and intimidation, and better handle big-game pressure.

Self-confidence:

Self-confidence is an important aspect of mental and emotional well-being, as it allows individuals to take risks, pursue their goals, and handle setbacks with resilience and determination. Self-confidence plays a crucial role in sports performance. Athletes who have high levels of self-confidence tend to perform better than those who lack confidence.

In sports, self-confidence is one of the most frequently cited psychological factors thought to affect athletic achievements. "Self-confidence," as the term is used here, is the belief that one can successfully execute a specific activity rather than a global trait that accounts for overall performance optimism. For example, one may have a high degree of self-confidence in one's driving ability in golf but a low degree of self-confidence in putting.

Although self-confidence is thought to affect athletic performance, its relationship with performance has not been clear in much of the sports science research. Self-confidence has been shown to be significantly correlated with skillful sports performance, but whether there is a causal relationship, and what the direction of that relationship is, cannot be determined from the correlational designs of the studies.

Statement of the problem

The purpose of the study is to assess and compare mental toughness, anxiety, aggression, and self-confidence among Mangalore University Players.

Objectives of the study

- To assess the mental toughness of Kabaddi, Kho-Kho, volleyball, and Basketball players.
- To assess the anxiety level of Kabaddi, Kho-Kho, Volleyball, and Basketball Players.
- To assess the aggression of Kabaddi, Kho-Kho, Volleyball, and basketball players.
- To assess the self-confidence of Kabaddi, Kho-Kho, Volleyball, and basketball players.
- To compare the overall 4 psychological attributes of Kabaddi, Kho-Kho, Volleyball, and basketball players.

Hypothesis

- There is no significance difference in the mental toughness of Kabaddi, Kho-Kho, Volleyball, and Basketball players of intercollegiate Mangalore University players.
- There is no significance difference in the anxiety of Kabaddi, Kho-Kho, Volleyball, and Basketball players of intercollegiate Mangalore University players.
- There is no significance difference in the aggression of Kabaddi, Kho-Kho, Volleyball, and Basketball players of intercollegiate Mangalore University players.
- There is a significance difference in the self-confidence of Kabaddi, Kho-Kho, Volleyball, and Basketball players of intercollegiate Mangalore University players.
- There would not be a significance difference 4 psychological attributes of inter-collegiate Mangalore University players.

Delimitation

- This study is delimited to Mangalore University intercollegiate players.
- This study is delimited to 4 psychological attributes.
- This study is delimited to kabaddi, kho-kho, volleyball, and basketball players.
- This study is delimited to 200 players.
- This study is delimited to 50 kabaddi, 50 kho-kho, 50 volleyball, and 50 basketball players.
- This study delimited the age group between 18 to 24 years.

Limitations

- Mental toughness, anxiety, aggression, and self-confidence were measured by questionnaire.
- While administering the test, the climate conditions, behavior, physical capacity, and health conditions were beyond the control of the researcher.
- The answer of the participants to the questionnaire might not be honest in all instances.

Significance of the study

- The result of the study will help sportspersons to know their strength and weakness in those 4 psychological attributes.
- The result of the study will help coaches to know their strengths and weakness in those psychological attributes.
- The result of the study will help trainers and psychologists to provide correct guidelines to the players.

Definition and meaning of terms

Sports Psychology – According to American Psychological Association "Sports Psychology addresses the interactions between psychology and sports performance including the psychological aspects of optimal athletic performance, Psychological care, and well-being of athletes, coaches and sports organizations and the connection between physical and psychological functioning".

Mental Toughness – it is a combination of learned skills that will help to raise the level of athletes' training and competitive performance.

Rebound ability – bouncing back from setbacks and mistakes.

Pressure – the exertion of maximum competitive efforts on the opponent.

Confidence- a person with whom you can share your feelings and secrets.

Concentration- to give attention to your mental power or efforts towards particular activity.

Motivation – motives are theoretical concepts used to explain the direction, intensity, and persistence of behavioral patterns.

Anxiety – a feeling of worry, nervousness, or unease about something with an uncertain outcome.

Aggression – a behavior that is intended to cause harm or injury to another person or object.

Self-confidence- a belief in one's abilities, qualities, and judgment.

Chapter II

Review of Literature

The review of literature can be extremely helpful in identifying methods that have been successfully used to solve particular types of problems. " The literature in any field from the foundation upon which all future work will be built".

Kerkar Aniket Anath (2023) the purpose of the study was to measure anxiety, aggression, and emotional intelligence among the individual and team games. 401 subjects were selected for this study (200 individual and 201 team games. Sports competition Anxiety test, Aggression questionnaire, and emotional intelligence questionnaire were used. ANOVA test was applied in this study. The study concluded that there was a significant difference in Anxiety, aggression, and emotional intelligence in individual and team games.

Manjit Kaur's (2021) present study examined the Emotional Intelligence and self-confidence of National and All India inter-varsity volleyball players. 400 subjects were taken for this study. (National 200 and Intervarsity volleyball players aged between 18 to 25 years. The emotional Intelligence Scale and Self-confidence questionnaire were used for this study. T-test and ANOVA were used for analyzed the data. The result shows that there was a significant difference found in emotional intelligence and self-confidence in National and Inter varsity players.

Majeed Allauddin (2018) present study conducted the effect of socioeconomic status, personality, motivation, and self-confidence on the performance of athletes. 400 male and female subjects were selected for the All India Athletes meet. Socio-Economic Status Scale, Sports personality test, Athlete's Motivation Inventory, and Self-confidence inventory questionnaire were used for the study. T-test. ANOVA and Correlation were used to examine the data. The socio Economic states were high in this study. There is a strong correlation with sports performance.

Kumar Vivek (2020) The purpose of the study was conducted to compare and assess sports motivation, anxiety, and mental toughness among contact and non-contact sports persons. For this study, 250 contact sports persons and 250 noncontact sports persons were taken aged between 18 to 40 years. Sports motivation scale SCAT scale and mental toughness questionnaire were administered for this study. T-test and Chi-squared test were applied for this study. The conclusion of this study was there was no significant difference found in

motivation. The anxiety level was high in contact games compared to noncontact games. Mental toughness is higher in contact games compared to noncontact games.

CHAPTER - III

METHODOLOGY

SELECTION OF SUBJECTS

The main purpose of the study will be to assess mental toughness, anxiety, aggression, and self-confidence among Mangalore University Players. Two Hundred sample ages 17 to 24 years old college students studying at degree colleges will be randomly selected as subjects.

Selection of Variables

Independent Variables: **Mental toughness, Anxiety, Aggression, and Self Confidence**

Dependent Variables: **Players, Kabaddi, Kho-Kho, Volleyball, Basketball.**

Selection of Tools

Sl.No	Variable	Questionnaire
1	Mental Toughness	Dr.Alan Goldberg
2	Anxiety	Marten's Rainer (SCAT)
3	Aggression	Arnold H Buss & Mark Ferry
4	Self- Confidence	M Basavnna

STATISTICAL PROCEDURE

After collecting data suitable statistical techniques will be applied to analyze and interpret the data.

Co-efficient correlation and F ratio were used for this study,

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